

To The **MOON** & Back

DAREBEE
WORKOUT

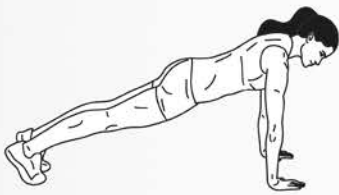
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LEVEL I 3 sets

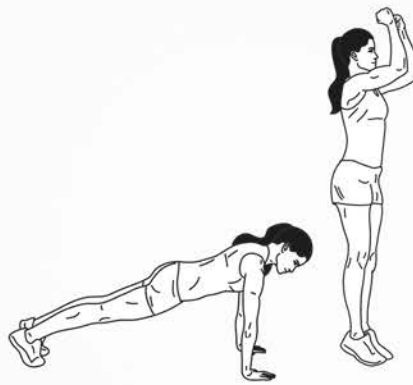
LEVEL II 5 sets

LEVEL III 7 sets

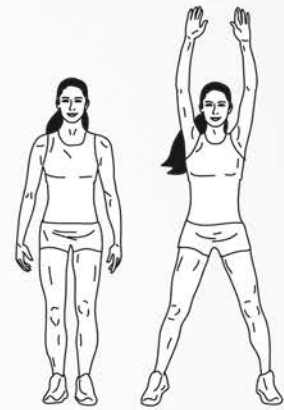
REST up to 2 minutes



10-count plank hold



3 basic burpees



10 jumping jacks



10 glute flex



3 superman extensions



10-count hold